

Good Nutrition For Good Health

Good nutrition is essential for good health, especially as people get older.

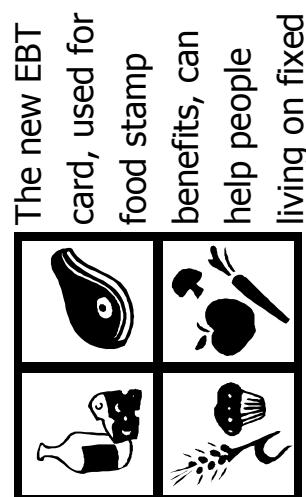


A good diet can prevent or relieve many ailments

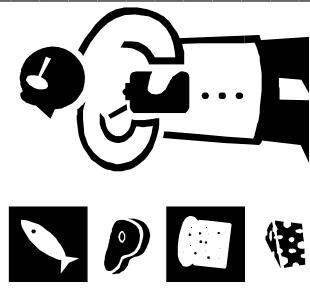
common to seniors.

For people living on fixed incomes, the risk of suffering from health problems related to a poor diet is greater if they cannot buy enough nutritious food to eat.

EBT Can Help!



EBT- the new way to get good nutrition through the Food Stamp Program.



The Food Stamp Program is similar to Social Security and Medicare... you have earned the right to benefit from this nutrition program.

With EBT you can
Eat Better Today

For more information, call your local Department of Social Services or NYS Office of Temporary and Disability Assistance

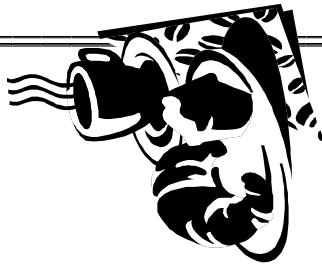
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GOOD
HEALTH



STARTS
WITH

GOOD
NUTRITION

FOR PEOPLE AGE
60 AND OVER

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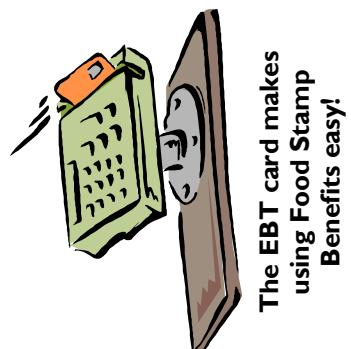
Helpful Information For People Age 60 And Over

EBT—The new way to receive food stamps

- ✓ You do not pay to use Food Stamp Program benefits;
- ✓ You may own your own home;
- ✓ You may live with other people;
- ✓ You may receive Social Security or retirement benefits;
- ✓ You may own a car of any value;
- ✓ You may have up to \$3,000 in resources (personal belongings are not counted);
- ✓ Liens are never placed on your property;
- ✓ Everyone who qualifies for an EBT card will receive one.

How do I use the EBT card?

You receive food stamp benefits on an EBT card (electronic benefit transfer).



The EBT card works at the grocery store checkout counter just like a credit card or ATM debit card.

The EBT card makes using Food Stamp Benefits easy!

With EBT, you can use your monthly benefits each month or save your benefits for several months for a bigger shopping trip. You can also allow another adult to shop for you, if you choose.

How do I apply for the EBT card?

If you are at least 60 years old, you may:

- Apply at your local Dept. of Social Services (DSS) office (sometimes you can get help from your local County Office for the Aging);
- Arrange to have another adult apply for you as an authorized representative; OR you may
- Mail in your application.

The DSS staff will interview you at their office, in your home, or over the telephone.

When you apply, you or your authorized representative will need to provide:

- Personal Identification;
- Social Security card;
- Proof of recent rent and utility costs (i.e. bills or receipts);
- Statements of income.

With EBT you can choose the foods you want to eat!

Call the phone number on the back to find out how you can learn if you may be eligible.

Will I Qualify?

There is no gross income "limit" if someone in your household is at least 60 years old or disabled - there are special income rules for these households.